



# The Practical ABCs

These Practical ABCs are a simple and clear tool for Californians to use as they navigate the SMARTER Plan, the state's next phase of the COVID-19 pandemic. To learn more about how we're preparing for future COVID-19 surges or variants, visit [covid19.ca.gov/smarter](https://covid19.ca.gov/smarter)

## SHOTS

All individuals are recommended to stay up to date with COVID-19 vaccinations. If you haven't completed your primary series (two doses for the Moderna or Pfizer vaccines, or one dose of the J&J vaccine) you should do so immediately. Be sure to get your booster if you are due.

## MASKS

Good fit and filtration will ensure you get the most out of wearing a mask. Surgical masks or higher-level respirators (including N95s, KN95s, or KF94s) are recommended over cloth masks, but any mask is better than none. Everyone, regardless of vaccination status, is strongly recommended to wear a mask so that together we can continue to protect the health and well-being of the most vulnerable, including children who are not eligible for a vaccine, older and disabled Californians, as well as the those who have compromised immune systems or complex chronic medical conditions.

## TESTS

If you have an exposure or symptoms, please consider taking an at-home test or obtain a PCR test at a testing site or a health care facility. If you test negative on an at-home test but have COVID-19 symptoms, test again with an at-home test in 24-48 hours or obtain a PCR test. Currently, both PCR and at-home tests can detect COVID-19, but as with every test there are occasional false positives and false negatives.

## ISOLATION

Individuals who have tested positive should stay home at least five days AND until their fever and symptoms are improving. Test with an at-home test at or after day five to confirm you are no longer infectious.

## TREATMENT

There are medications approved for treatment for COVID-19 infection, especially for those with a high risk of serious disease. Contact your health care provider to determine if a medication is right for you.

**Californians should also pay attention to guidance from their local public health leaders, as local conditions may warrant different approaches. State officials will continue to update these Practical ABCs to help you safely navigate the pandemic.**

**COVID-19 Hotline**  
**1-833-422-4255**

**Monday – Friday 8AM – 8PM**  
**Saturday – Sunday 8AM – 5PM**

**[COVID19.CA.GOV](https://covid19.ca.gov)**

**[Our Actions Save Lives](#)**